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as of September 15, 1976
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Cards of Thanks, Resolutions of Respect, In Memoriam, Entertainments, Etc., will be used Only when cash accompanies orders.

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CEDAR KNOLLS
5 Acre Lots
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7-15-15p

FOR SALE

FOR SALE: 31 Wooded Acres near Oakville. $13,000. Call 1-301-922-8705. 7-1-tf

FOR SALE: Aluminum Siding, Storm Windows and Doors, Roofing, Etc. Many years experience - Financing Available - For details without obligations call Phillip Kitchen - Dillwyn Home Improvement Co. - 969-4017. 2-24-tf

FOR SALE -Kindling wood for sale. J. E. SEARS & CO., INC. Appomattox. 7-8-tf

OFFICE SUPPLIES - Have you seen our line of office supplies? If we don't have it, we can get it! **Times-Virginian,** Phone 352-8215, Appomattox. 8-12-tf

FOR SALE: Fill Dirt - truck Load Delivery Cheap - **Carwile Construction Co., Inc.** Phone 352-7911. 11-14-tf

ALLEN ORGANS for home and church. For demonstration call 239-0369 (Collect) Terms. **ROBERTS PIANO CO.,** 8505 Timberlake Rd. - 460 West - Lynchburg, Va. 8-8-tf

File Folders, Ledger Sheets, Binders, Home Files, Index Cards and Hundreds of other items can be found in our selection of Office Supplies - **Times-Virginian** - Phone 352-8215, Appomattox. 8-12-tf

FOR SALE - 15 gallon **aquarium,** complete with fish and stand - Like New - Phone 352-7540. 8-19-tf

FOR SALE - Used Truck Parts - 68-72 Models - Dump Truck Parts - 8 Ton and up Truck parts - 352-5635. 8-26-4t

FOR SALE - NEW BRICK HOME: 3 Bedrooms, 2 Baths, Central Heat and Air with Heat Pump. J. E. Sears & Co., Inc., Phone 352-7138. 3-2p-tf

HOUSE FOR SALE
Town of Appomattox, 3 BR Brick Rancher with large family room (13 x 26) 2 fireplaces, walk-out basement; Sun deck and patio. Situated on a large nicely landscaped lot. Shown by appointment only. Call after 5:00 p.m. - 352-5797. 9-9-1t

FOR SALE - 1970 -70 Foot Trailer - 3 Bedrooms - 2 Full Baths, Wall to Wall Carpet - Take Over Payments - Call after 3 o'clock - 352-5367. 9-9-2t

Antique Foot Pump Organ - as is $20.00 - Railroad Cast-Iron Pot Belly Stove - $25.00 -Call 352-8740. 9-9-1p

FOR SALE: Rainbow Vacuum Cleaner. Good Condition. Call 352-8084. 9-9-1t

FOR SALE: 1956 Chevrolet car in good condition; 1967 Chevrolet pulpwood truck with loader and body; and a John Deere Knuckleboom loader. Call 352-7701. 9-9-1p

FOR SALE - 1973 Suzuk; GT 380 - 3 Cylinder - Windjammer and windshield - Excellent Condition - Call 352-5567. 9-9-2t

YARD SALE - Sept 11 at 10:00 a.m. - 4:00 p.m. at the second house on Pine Street. 9-2-2p

FOR SALE OR RENT - Used 12 x 60 Mobile Home - 2 BR - Circulating Hot Water Heat - Will help with financing - Call 352-5579. 9-9-2t

REAL BARGAIN - RCA Color TV with AM/FM Stereo and Phonograph - $125.00. TV shows good picture - needs little work - Also Car Stereo Tape Player with Speakers - $25.00. Call 352-5142. 9-9-1t

TV STEREO, CB Radio Sale! Visit Sears. Choose a model - Choose a price. Choose a credit plan to suit your needs - SEARS AUTHORIZED MERCHANT, Triangle Shopping Center, Appomattox, Phone 352-8233. 9-9-1t

FOR SALE: 1 Sears Kenmore Oil Circulator, $45.00; 1 Billy Goat, $20.00; 1 Nanny Goat, good milk goat, $35.00. Call 352-8635. 9-9-1t

FOR SALE

LOT - Corner of Annie and Ethel Streets; water and sewage $4,250. Will build if desired. Phone 239-9261. 8-19-tf

HOUSE FOR SALE - 3 Bedrooms, Living Room, Bath, Kitchen w Dinette Area - With W/D Hook-Up, Electric Heat - Nice 20 x 30 Garage or Workshop - On Road No. 667 - Call 993-2644. 8-19-3p

FOR SALE - Near Appomattox on Rt. 26, immaculate is this 3 bedroom, brick, two full baths, formal dining, rec. room with fireplace, central air. 2 car garage, one acre lot. Patio with grill. Call about this one. Carlton Wingfield Real Estate - 846-5231, Home - 846-8618. 6-24-tf

HOUSE FOR SALE: 3-bed rooms, Living Room, Bath, Kitchen with dinette area, Full Basement with W/D hook up. $22,000.00 Don Fitze, Rt. 4 Box 286-L Appomattox. 2-5-tf

Chitterling, Fried Chicken, Roast Beef Supper - September 25, 1976 - 5:00 p.m. - 9:00 p.m. - Lyn Dan Heights Fountain Club - Old 29 South - Lynchburg, Virginia - $3.50 Adults, $1.50 Children under 12 years. Sponsored by Hill City C. B. Club. 9-9-2p

REAL ESTATE FOR SALE - Southern Colonial; 9 rooms, 2 1/2 baths, 4 bedrooms; 2 acre tract (12 additional acres available) at Concord, Va. **Features**- Walnut Cabinets, central vacuum system, two heating and air conditioning systems, 8-panel solid doors, Nutone food center, cast iron bath fixtures, and two-car garage. For appointment to see or additional information contact: **Lee Mitchell 237-2891 or 332-5194, Counts & Jones Ltd. 8314 Timberlake Rd. Lynchburg Va. 24502** 8-26-3t

FOR SALE
Surrounded by woods and adjacent to Falling River Country Club, this three bedroom, 2 1/2 baths, 2000 square foot white brick colonial style home is only 2 years old and in immaculate condition. It is fully carpeted, has totally equipped modern kitchen (with microwave oven and rotisserie) central vacuum, central air, two car garage, and paved driveway. Also, it has a paneled family room with fireplace and two crystal chandeliers. Total privacy on an acre lot. $55,800.00; by appointment at 352-5131. 9-9-4f

FOR SALE - 3 Room house on lot; 1971 Chevrolet Impala. Take over payments of $33.00 a month. Call 352-7896. 9-9-1p

FOR SALE - 3 BR house, LR, small dining room, large den, large kitchen and bath, 1 room in basement. Call 352-7002 during day; after 6 call 352-8965. 9-9-5t

FOR SALE - 3 BR House, LR - small dining room, large den - large kitchen and bath - 1 room in basement - Call 352-7002 during day - after 6 call 352-8965. 9-9-5t

FOR SALE: 1951 Chevrolet Truck with Loader. Call 248-6121 - day, or 248-6244 - Nights. 9-2-tf

FOR SALE: Doberman Pinscher Puppies, Black & Rust. A.K.C. Registered. $125.00 each. Phone 847-6291 9-9-1p

FOR SALE: Bassett Hounds AKC Registered. Has been Wormed and has had shots. 6 Weeks old. Call 352-8043. 9-9-1p

FOR SALE: Red Clover Seed - Ry 31 Fescue seed - Also parts for Wood Bros. Corn Picker. Carlton Harris, Rt. 1, Pamplin. 9-9-3p

Fred Jones Well Co.
NO WATER - NO PAY
Phone 352-7872
Appomattox, Va. 9-11-4f

SERVICES

Dickerson Auction Co.
Established 1959
"We Cry For You"
We Hold All Kinds of Auctions. If You Want to Have a Auction Sale Call Us:
Phone 392-3556 - Farmville, Va.
AUCTIONEER:
W. W. Dickerson

SERVICES: Would like to keep children in my home. Call 352-5102. 9-9-1t

NEED OFFICE SUPPLIES?
THE TIMES-VIRGINIAN COURT ST. APPOMATTOX* VA.

HOUSEHOLD FURNITURE AND ESTATE APPRAISAL. 28 Years Experience - Charles H. Dowdy, Jr. - **DOWDY FURNITURE CO.,** Farmville, Va. 392-3440. 5-29-tf

SERVICE: Copies: One copy or as many as you like. **The Times-Virginian, Inc.** - Phone 352-8215. 3-14-tf

Man wants painting & house repair work - R. Cawthorne - Phone 352-7543. 11-14-tf

SEPTIC TANKS INSTALLED. - Drain Fields Renewed - Free Estimates - Carwile Construction Co., Inc. Phone 352-7911. 3-5-tf

Professional Auction Services "Best In The Business". - W. J. Auction Company - We buy, sell, trade, haul, and auction. Real Estate, Personal Property, Livestock. Col. Danny Williams, Auctioneer - Member Auctioneers Assoc. Phone 492-4562. 4-22-4f

CONTRACT PAINTING - Interior and Exterior, Latex and Oil Wall Papering. Lloyd M. Bryant and son. Phone 352-8833, Appomattox, Va. 6-10-tf

Handyman and General Repair - Experienced in painting, panelling, sheet-rock work and landscaping - Call 332-5402. 9-9-4p

SERVICES
Call **Marianne** for thoroughly done household chores. Call 248-5748. 8-19-p-9-2-p

For Monuments of Distinction - See **Earnest Baldwin,** representing - **BAIR & SONS MONUMENTS** - Sale 10% off for next two weeks - Phone 248-6244. 9-2-tf

FOR RENT

FOR RENT - Nice House - Call Appomattox 352-7509. 9-9-1t

FOR RENT; 3 Bedroom Brick house for rent, 2 baths and 2 fireplaces. 400 Ferguson St., Appomattox. Available Oct. 1. Phone 321-4157. 9-2-2t

FOR RENT: 2 Bedroom Mobil Home, furnished, W & D, with carpet. Day phone 352-5646, after 6 phone 352-8009. 8-26-2p

NOW YOU CAN STEAM CLEAN carpets the professional way at a fraction of the cost with RINSE-N-VAC. Rent at POE HDWE. CO., Inc. 9-9-1t

FOR SALE

FOR SALE: 17 ft. Self-contained camper with awning and A.C. Excellent condition. Call 248-6471 or 352-5225. 9-9-2p

Service
★ Plumbing
★ Septic Tanks Installed
★ Bath Room Additions
CARWILE CONSTRUCTION, INC.
Phone: 352-7911
P. O. Box 396- Appomattox, Va.

WANTED

HOMEMAKERS: World's Largest Toy Company is hiring dealers to work on PARTY PLAN From Now to Christmas. NO INVESTMENT, NO COLLECTING, NO DELIVERING. WE TRAIN. Call Collect 239-2134. 7-29-tf

STUDENTS WANTED - Will teach piano lessons in my home. To register, call Mrs. Nancy Carson 352-5489. 9-2-2t

WANTED: Someone to clean house about twice a month. For information - Call: 352-8802. 8-26-3p

WANTED:
Wanted to Rent: Self-contained camper that sleeps 4 while my home is being built. Must be reasonable rate. Call: 352-5445 between 8 and 5. Ask for George Duff. 9-9-1p

CARD OF THANKS

The Family of Mobie J. Carter wish to express appreciation to our relatives, friends and neighbors for every act of kindness shown during his illness and death. Especially we would like to thank Rev. Clarence Davis for the prayers and concern for him and the concern and sympathy shown the family. 9-9-1p

I would like to thank everyone for the wonderful gifts that were given me at my baby shower. Thank you and may God bless you.
Ella Johnson 9-9-1p

We would like to thank our relatives, friends and neighbors for their kindness shown us during the illness and death of my husband and our father. We appreciate so much your prayers, cards, food, flowers, visits and phone calls. Thanks to Rev. James Becker and Rev. James Price for their services. May God richly bless all of you.
Mrs. D. M. Harris & Family 9-9-1p

My sincere thanks to my friends, neighbors and pastor for their visits, cards, gifts and food during my stay in the hospital and since my return home. Your kindness will always be remembered.
Mrs. Emeline Chandler 9-9-1t

I would like to express my deep appreciation to friends, relatives and neighbors for their prayers, cards, visits, flowers, calls, food and all acts of kindness shown during my recent stay in the hospital and since my return home. Your thoughtfulness will be remembered always.
Mrs. Irene Mays 9-9-1t

In Memoriam

In Memory of Larry Houston Johnson's Birthday, September 13.
Gone is the one we loved so dear
Silent is the voice we loved to hear
Too far away for sight or speech
But not too far for thoughts to reach.

We miss you so very much.
Daddy & Mother 9-9-1p

TRAIN FULL OR PART TIME
You don't have to quit your present job to train to drive a tractor-trailer. In only 7 to 8 weekends PART TIME training (Saturdays & Sundays) a qualified driver can be earning
$12,000
per year and up. (3 weeks in a FULL TIME resident training program).
REVCO Tractor Trailer Training, Inc. will train you on modern, professional equipment, and placement assistance is available upon graduation.
CALL NOW! 846-6579
LYNCHBURG

HELP WANTED

HELP WANTED: Eastern National Park and Monument Association, Appomattox Court House National Historical Park is accepting applications for a part-time business manager requiring some bookkeeping, stocking and ordering.
Application forms may be obtained from Appomattox Court House National Historical Park. 9-2-2t

Homeworkers needed in this area to lace leather goods at home, No experience necessary - Earn $150.00 per week. Send $1.00 (refundable) and long stamped envelope to Jeffery Leathercraft, Rt. 3 - Box 36-N, Rock Hill, S. C. 29730. 9-9-3p

FALWELL WELL CORP.
Wells Drilled, Pump Installed, Sales and Service
846-2738 Day
846-4719 Night
3900 Campbell Avenue
Lynchburg, Virginia

AUCTION SALE
SAT., SEPT. 11 - 10:30 a.m.
Approximately 5 acres land at Cross Roads of Hwy. 15 & 460 at Dowdy's Corner - Approximately 3 miles West of Farmville.
Mrs. Ida Southall, Owner
This property has been divided into lots and acreage and will be offered in part and as a whole.
Terms: 10% date of sale - balance when deed is delivered.
Also
SAT., SEPT. 11 - 12:30 p.m. On Highway 15 - 2 miles South-Farmville. - Complete Household of Very Fine Furniture and Furnishings - Living, Dining, Den, Bedroom & Kitchen Furniture.
Mr. & Mrs. L. Winfrey Butler Owner
They are moving out of state. He is a retired engineer from State Highway Dept.
Terms of Sale-Cash
Sale Conducted By
DICKERSON AUCTION CO.
W. W. Dickerson, Auctioneer
Phone 392-3556
Farmville, Va.

BOBBY WELLS
*Roofing Contractor
* Sheet Metal & Gutter Work
Phone 352-5736
Rt. 1 - Box 249
Spout Spring, Va.

AUCTION SALE
SATURDAY, SEPT. 11
7:30 P.M.
MAIN STREET
PAMPLIN, VA.
*Round Oak table
*Curved China Press
*Oak Bed
*Oak Washstand
*Oak Dresser
*China *Crystal
*Appliances *Toys
LOTS MORE

YOUR HOBBY COULD BE HELPING YOUR COUNTRY.
What do you like to do on the weekends? Work with electronic equipment, tear down engines, cook? Your hobby could be earning you an extra paycheck in the Army Reserve. Depending on openings, we'll make you an expert, and then give you an excellent part-time job in your specialty.

Legal Notices

PUBLIC NOTICE
It is the Intention of the Board of Supervisors of Appomattox County, Virginia to adopt at its meeting to be held at the clerk's office on Friday, September 10,1976, at 2:00 o'clock P.M. the following ordinance, To-Wit:
An ordinance to be known as an ordinance to amend the County of Appomattox Dog License Fee Ordinance.
Be it further ordained, That it shall be unlawful for any person to own a dog four months old or over in the County of Appomattox unless such dog is licensed as required by law. Dog license shall run by the calendar year, namely from January 1st to December 31st, inclusive and the license tax which shall be the only license tax on dogs in this County, shall be payable at the office of the Treasurer of said County and shall be as follows:
a. **All dogs.** For all dogs, regardless of sex, two dollars.
b. Kennel, for twenty dogs. For a kennel of twenty dogs, twenty dollars.
c. Kennel, for fifty dogs. For a kennel of fifty dogs, thirty dollars.
Be it Further Ordained, That any person may obtain a dog license for the County of Appomattox by making oral or written application to the Treasurer of the County accompanied by the amount of the license tax and certificate of vaccination as required by law.
Be It Further Ordained, That it shall be unlawful for any person to keep or own a dog in violation of the provisions of this ordinance and a violation of the ordinance shall constitute a misdemeanor and shall be punished by a fine of not less than $5.00 or more than $100.00 for each offense.

/s/ S. R. Lawson,
Chairman
Appomattox County
Board of Supervisors
teste: Barbara R. Williams
Clerk 9-2-2t

PUBLIC NOTICE
It is the intention of the Board of Supervisors of Appomattox County, Virginia, to adopt its meeting to be held at the Clerk's office on Friday, September 10,1976, at 1:30 o'clock P.M., the following ordinance, To-Wit:
An ordinance to be known as an ordinance to amend the county of Appomattox Ordinance adopting the Uniform Statewide Building Code.
A full text of the proposed amendments including a list of fees is on file in the Clerk's office of the Circuit Court of Appomattox County, Virginia.

/s/ S. R. Lawson
Chairman
Appomattox County
Board of Supervisors
teste: Barbara R. Williams 9-2-2t
Clerk

LOST

LOST OR STRAYED: 4 Angus Heifers and 1 Steer. Orange plastic tags in ears. Lost in vicinity of Hollywood Church. Call 248-5375 or 248-6215. 9-9-2t

Instructions

H & R BLOCK
INCOME TAX COURSE
JOB OPPORTUNITIES AVAILABLE IN APPOMATTOX
FOR BEST STUDENTS
Thousands are earning good money in the growing field of income tax preparation.
Now, H & R Block - America's Largest Income Tax Service, will teach you to prepare income tax returns in a special 18½ week tuition course. Classes conveniently scheduled to accommodate working students and housewives. Curriculum includes practice problems, taught by experienced H & R Block instructors.
Enrollment is open to men and women of all ages. No previous training or experience required.
For complete details, call:
H & R BLOCK CO.
9 Wadsworth St.
Lynchburg, Va. 24501
Phone 846-1387

CARS AND TRUCKS

TOMORROW'S SPECIALS TODAY
Seeing Is Believing

$5183 1976 VOLARE Sedan— R., AT, 6,000 Mi., $3799
#2500 1975 DUSTER Spt. Cpe., 6,000 Mi., It is sharp. $2999
#5226 1975 PLYMOUTH Gran Fury Custom— 2 Dr., HT, Clean as new, 16,000 Mi.
#5019 1974 RAMBLER Sportabout Wag.— Air, $5,000 Mi., $3199
#4840 1974 TOYOTA Wag.— 22,000 Mi., Air, One owner, $2999
#1000 1974 TOYOTA Land Cruiser— 4 Wheel Dr., 4 Passenger, 12,000 Mi., $4199
#470 1974 DUSTER— V-8, Spt. Cpe., Air, PS, Radio, AT, $3099
#5031 1973 CHRYSLER Newport— 2 Dr., HT, One owner, $2799
#5175 1973 PLYMOUTH Fury III Sedan— Air, $2899
#5143 1973 DODGE Charger— HT, Air, 34,000 Mi., $2899
#4881 1973 TOYOTA Corona Deluxe— Air, AT, 30,000 Mi., $2649
#4476 1973 OLDS Delta 88 Sedan $2999
#4647 1972 TOYOTA ST Celica— 2 Dr., HT, $1799
#5217 1972 FORD— V-8, ½ Ton Pick-up, 35,000 Mi. with camper, $3099
#4023 1972 BUICK LeSabre— 4 dr., HT, $1799
#4919 1972 CHEV. Caprice Custom— 4 Dr., HT, $1899
#5189 1971 PLYMOUTH Fury III Sedan— r, 40,000 Mi., $1599
#5110 1971 FORD SEDAN— Air, Galaxie 500, $1299
#5113 1971 PLYMOUTH Cricket Sedan— Clean, $999
#5209 1971 OLDS Toronado— 2 Dr., HT, 57,000 Mi., $1499
#5146 1970 TOYOTA Corona— AT, Radio, 58,000 Mi., $1349
#5170 1970 CHRYSLER N.C. 300— 60,000 Mi., $1199
#2995 1970 PLYMOUTH Fury— One owner, $1049
#4918 1970 FORD Torino— 2 Dr., HT, $1199
#5179 1969 DODGE Cornet— 2 Dr., HT, $799
#3000 1969 RENAULT 10 Sedan $649
#5023 1969 PLYMOUTH Spt. Satellite Sedan— $899
#4097 1969 CHEVROLET Belair — $499
#4464 1968 PLYMOUTH Satellite Sedan— $749
#5145 1968 DODGE Monaco Wag— Extra clean, $899
#5165 1968 PLYMOUTH Fury Sedan— $569
#4954 1968 CHEVROLET CHEVELLE— $649
#5003 1968 CHRYSLER N.Y.— 4 Dr., HT, One owner, $1099
#4714 1968 PONTIAC— 2 Dr., HT, $499
#4847 1967 DODGE Monaco Sedan— $549
#4333 1966 PONTIAC Sedan— $399
#5038 1966 BARRACUDA— Radio, AT, return home, $1299
#5242 1966 DODGE Polara Sedan— $499
#4893 1966 PLYMOUTH Fury Sedan— $399
#5204 1965 CHRYSLER N.Y. Sedan— Clean, $699
#5040 1965 VALIANT Sedan, $399
#5100 1962 PLYMOUTH Fury Sedan— $399

IF YOU DON'T KNOW CARS, BE SURE & KNOW YOUR DEALER

ADAMS MOTOR COMPANY
CHRYSLER-PLYMOUTH
813 Fifth
Fifth & Federal Streets
Lynchburg, Virginia
845-3456
New Car D.L. 146
Open 'Til 8 P.M.
Sat. 'Til 3:30 P.M.

IT PAYS TO ADVERTISE In the TIMES-VIRGINIAN

"Specialty Exterminating Co.
Guaranteed Termite Control
Monthly Pest Control Service
For home and industry
Free Inspection
Call Collect 332-5721
Locally Owned - 20 - Years experience.
Rustburg, Virginia

Stonewall

But be ye doers of the word and not hearers only. James 1:22

Mr. and Mrs. Robert Spencer of Virginia Beach, Virginia and Mr. David Mitchell from Bluefield College spent the week-end with their parents Rev. and Mrs. Edgar Mitchell.

Mr. and Mrs. Bruce Stratton were dinner guests on Sunday of his parents Mr. and Mrs. Marshall Stratton.

Mrs. J. P. Alvis 111 had her mother from Fincastle and two sisters to spend the week-end with her.

Mrs. Hazel Gillispie had Mr. and Mrs. I. B. Wheeler, Mr. and Mrs. Bill Roope, Sherry and Troy as supper guests on Saturday night. What a good meal she had!

Mr. and Mrs. Dallas Gillispie, Connie and Karen spent last week at Littleton, N. C. at the beach.

Mr. and Mrs. Wallace Bondurant and Richard went to see Mr. and Mrs. Ronnie McNulty at Chester, Virginia. Ronnie is home from the hospital doing much better now.

Mrs. Elsie Caldwell and Mrs. Nina Caldwell visited Mrs. H. B. Jones Monday morning.

Mrs. Katie Krantz, Mrs. Elsie Krantz, Mr. and Mrs. Harvey Thomas, Mr. and Mrs. Bob Wiley visited the Wheelers last week.

Mr. and Mrs. Ben Wheeler, Mr. and Mrs. H. B. Jones, and Richard, Mrs. Mahle Robertson, and Mrs. David Smith visited them on Sunday.

Mr. and Mrs. Charles Judy spent the week-end with Mr. J. O. Davidson and Crawford Davidson.

Mrs. Becky Shanks spent the week-end with Mrs. John Farrar at Evergreen, Virginia.

Mr. and Mrs. Jessie Judy of Luray spent the week-end with her parents Mr. and Mrs. Dancy McCraw.

Mr. and Mrs. Jim Bondurant attended the 60th wedding anniversary of her grandmother and grandfather, Mr. and Mrs. Campbell in Amherst County on Sunday. We wish them many more happy years together.

Mr. and Mrs. Sam Stratton of Mullens, W. Va. and their daughter and her husband, Kathy and Debbie, Mr. and Mrs. Jim Newland and three sons of Lynchburg spent the week-end with Mr. and Mrs. Kelly Stratton and David. Sunday those who visited in the same home were Mrs. Calvin Tanner, Mr. Tommy Tanner, Mr. and Mrs. Melvin Stratton, Mr. and Mrs. Carlysle Scruggs, Mr. and Mrs. Lyle Thomas, Miss Kathy Tanner and Mr. David Blanks.

News From The Pamplin Area

Summer Ends and Visitors Return
"Cast thy burden upon the Lord and He shall sustain thee." Psalm 55:22

Mrs. Mary Lizzie Braxton's visitors for the summer were her nephew, Mr. George Greene and Miss Betty Greene, her niece, who stayed a week with her from Baltimore, Md.; also her nieces, Mrs. Glen Harris, of New York, Miss Van J. Hamlett, of Columbus Ohio, Mr. Richard Hancock, of Baltimore, Md., Mr. and Mrs. Billy Jennings of Washington, D.C., Mr. and Mrs. Wilburn Turner, and sister, Mrs. Venice Walker Harvey and son, Sherwood, Jr., of New Jersey, ate dinner and spend the day with her and visited a few of the other neighbors. Mrs. daughter, Mrs. Anna Custiss and two children, Freddie and Cookie, of Frankford Delaware, spent two weeks with her and Mrs. Judy Ann Croner and niece, Alice Johnson, of Rockville Center, N.Y.

Mrs. Alma Robertson was so happy to have her cousin, Ceslie Brown, of Honolulu, Hawaii to spend a few days with her also Mr. and Mrs. Albert Thomas, their children, Anthony and Philip, of Bronx, N.J., her sister, Miss Mary Brown and friend, Mr. John Tucker, of Richmond, Va. also Rev. and Mrs. Hankins and children of Lynchburg, and Deacon Frank Johnson to eat dinner with her.

Mrs. Mildred Wheeler's daughters, Mrs. Erna Sims and daughter, Georgia Sims, Miss Nannie Wheeler and daughter, Miss and her great granddaughter, Miss Carman Haislip also grandson, Roland Wheeler of Washington, D.C., and visited their sisters, Mrs. Annie Mae Durphey and Mrs. Rebecca Ferguson.

Mrs. Etta Edwards had the Walker girls, Miss Helen Walker, Mrs. Bertha Turner and Mr. and Mrs. Spigle of Mt. Vernon, N.Y., for a week. Mrs. Gertrude Miller. Mr. Willie Edwards and friends, Mr. and Mrs. James Edwards, all of Baltimore, Md., Mrs. Geneva Wiggins, Deacon and Mrs. Frank Johnson, Mrs. Eurice Durger, Rev. and Mrs. L. E. Hankins and family, also Mr. and Mrs. Perry Edwards and family, of Richmond.

Deacon and Mrs. Russell Mack was so happy to have all of their children home over the Labor Day week end.

UNDERSTANDING MENTAL HEALTH

a health column from the
Alcohol, Drug Abuse, and Mental Health Administration
U.S. Department of Health, Education, and Welfare

How Memory Works

Some people seem to be able to recite facts and figures without a moment's hesitation. Others grope and complain of their "bad memory." Probably they worry more than they should.

The human brain has billions of cells and lots of storage room for facts. How a person handles the information he takes in is the most important requirement for having a good memory. By hooking some new name or fact or idea onto others already fully established (a process psychologists call multiple registration), the chances are greatly improved that it will be remembered when needed.

For example, when a new person is met, say something such as "I didn't quite get your name, would you please repeat it for me?". Having heard it a second time, use the name in conversation as quickly as possible, and surround it with related facts—as, Mr. Jones has a farm of 160 acres to which he expects to retire eventually; meanwhile, he works at a company that does industrial advertising.

Do you have mutual friends? Shared hobbies? These "hooks" help fix the name in your mind, a device that will work equally well when applied to any type of information it is important to remember.

Tension and fatigue can make remembering difficult. A good night's sleep often results in clear recollection the next day of some fact impossible to retrieve earlier.

If you are remembering the kind of things you really need to remember, don't worry about a "poor" memory for other things. Your mind is selective and this is good. You focus on—and remember —what is really important.

Albert Einstein was one of the world's great scientists, his mind busy with concepts so complex the average person could not follow them at all. Yet he had great trouble remembering his home address in Princeton, N.J., and was frequently seen asking a passerby to help him find it.

Amphetamines —Use and Misuse

Amphetamines are drugs which increase alertness and activity. In pill form, they are, often called "uppers" or "pep pills." Among the stimulant drugs—which also include caffeine and cocaine—they are the most often used to excess.

The drugs have medical uses, but currently these are restricted to treatment of narcolepsy (a rare disorder characterized by uncontrollable need for sleep), hyperactive children, and for short-term appetite control.

Amphetamines may also be used for other medical problems, such as epilepsy or parkinsonism, although other drugs are generally considered better for treatment of these disorders.

It is for their misuse, unfortunately, that the amphetamines are best known.

An occasional user may take the drug to push himself beyond his normal physical limits. He may want to stay awake to drive, to cram for an exam, or to do well in an athletic contest. This kind of abuse does not usually lead to serious problems, but it can.

A second type of abuser takes excessive amounts of stimulants for long periods of time. Such a person is drug dependent.

Some abusers inject massive doses of amphetamine intravenously once or up to a dozen times a day. This kind of use can cause sudden death.

Even when the dosage is not fatal, heavy use of amphetamines can cause medical problems. A marked increase in blood pressure is common, and abnormal heartbeats sometimes result. Brain damage from ingesting large quantities has been demonstrated in animals.

Persons who abuse amphetamines are subject to physical hazards such as kidney failure, hepatitis, drastic weight loss, malnutrition, and infection from the use of unsterile equipment. Many of those who abuse amphetamines become lax in the care of their bodies in various ways.

A person who uses large amounts of the stimulants may become overactive, irritable, suspicious, and sometimes violent. A condition resembling paranoid schizophrenia, with severe delusions of persecution and hallucinations, often occurs in those who use high dosages of the drugs.

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CONSIGNMENT AUCTION
Sat., Sept. 11 - 10:30 a.m., Directions - 5 miles west of Cumberland Courthouse on Route 60 at Willis River Wayside Restaurant. Items are being brought in from 60 to 75 miles around. This will be an all day sale. Come and stay awhile. Lunch and dinner will be served by the Willis River Wayside Restaurant.

If you have items you wish to enter on the sale, please call by Friday, Sept. 10th- 5 p.m. Already on consignment are the following items:

(Bedroom Furniture), beds, single and double, miscellaneous tables, lamps, dressers, chest of drawers, upright wardrobes, and other items (Kitchen Furniture) tables & chairs, cabinets, old dishes, refrigerators, electric cook stoves, wood cook stoves, and other items, (Living Room Furniture) sofa, platform rockers, platform chairs, arm chairs, end tables, coffee tables, hat racks, other items- Wall brackets, picture frames and many other items (Restaurant Equipment), bar chairs, fountains, G. E. Grill, gas bake oven show case, pie rack, and other items.

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